SheVANA ASC Minutes October 2026

Meeting opened by Meredith S-C @ 6:31 pm with a moment of silence followed by the Serenity Prayer.

The Twelve Traditions were read by David T.

The 12 Concepts for NA Service were read by Chris M.

The SheVANA Purpose was read by Heather R.

First ROLL CALL		
Group Name	**Representative**	**Status**
Come Alive		INACTIVE
Experience Strength & Hope	Barbara	
Eyes To the Sky		
Finding a New Way to Live	James	
Fire, Faith and Fellowship	Chef John	
Last Connection	Chris	
Midday NA	Heath	
NA at Millcreek		INACTIVE
Never Alone		
New Chance	Heather	
New Freedom		
N.O.A.N.D.A.	Steve	
Recovery and Beyond		
Renegade	Amy	
Save Uranus		
Solution Seekers	Michelle	
Welcome Home in Recovery	Wendy	
Women Warriors Wednesdays		

Quorum met for the first roll call with 10 groups present. 2 home groups are inactive.

Motion to approve September minutes made by Wendy . Seconded by Steve.
0 – abstentions
9 – yes
0 – no

REPORTS:

- **<u>Chair:</u> Meredith S-C –** Present, read the following report
  Good Evening ASC Family,

I am deeply sorry that I was unable to attend the last two ASC's. Life happens, and I had a work commitment in August and was very sick last month. I received the letter from our Secretary and typically do not miss these meetings when it is humanly possible. Thank you, David T. and Chris M. for chairing these meetings in my absence.

I checked the Post Office Box this afternoon and brought the mail with me this evening.

To keep our meetings solution-oriented, the Vice Chair and I believe it will benefit us to read the Concept of the Month from The Twelve Concepts for NA Service at the beginning of Open Forum. David will read the entire 10th Concept tonight and I encourage all of us to reflect on what is read. The Twelve Concepts were created to provide our service structure with the specific direction it needs. These concepts are not the law nor will we as a body get everything "right," but they have been crafted for us through experience and are there to help guide us.

Thank you for being here tonight.

In Loving Service,
Meredith S-C

- **Vice Chair: David T.** – Present, read the following report

  Addict named David,
  Sorry for my absence from last month ASC. Thank you to Chris M for covering chair duties at ASC . I was not able to attend September Outreach sub-committee meeting, but I do plan to be there this month.

  ILS,
  David Traub

- **Secretary: Liz C.** – Present, no report

- **RCM: Chris M.** – Present, read the following report

  Hello,
  The October 2 day starts on October 17th with a planning session starting at 10am at the library 706 s Jefferson st.
  Roanoke VA 24018

  The October RSC is on Sunday Oct 18th at the holiday inn 4468 starkly rd.
  Roanoke VA 24018

  Thank you

in service
Chris M

- **RCM Alt: - Julian L. –** Present, read the following report

  Will attend the regional meeting online this month on the 18th.
  Nothing additional to report.

  Julian L

- **VRCC: Paul C –** Absent, report read by Liz

  SHEVANA ASC,

  Thank you for being of Service.

  Up front:

  Good news, things are progressing as planned for both our next (43rd) Convention, and with CARCCINC.

  Some of those things:

  -The 43nd Convention will be held January 14-16, 2028 at The Founders Inn, in Virginia Beach, Virginia.

  -The 43rd Host Committee met in Virginia Beach for the first time September 27th and continues to form subcommittees.

  -Host committee meets in person, on the 4th Sunday of each month, at 4pm, at 5181 Singleton Way, Virginia Beach, VA, 23462.
  Next meeting will be October 25th. All welcome.

  -Name change!
  From AVCNA (Annual Virginians Convention) to the Central Atlantic Regional Convention of NA (CARCNA).
  This is in alignment with the name of our region and more accurately represents our Region which has Groups in North Carolina and Maryland in addition to West Virginia and Virginia.

-CARCCINC (Central Atlantic Regional Convention Corporation, Inc.) met for our regularly scheduled meeting on September 20th. We met for 4+ hours, confirming additional 43rd Host Committee members (Treasurer and Secretary), and passing corporate motions involving future Bid guidelines, bylaw updates, IT related ECWID and Goodstack use (sales/distribution management), and VA SCC CIS (Virginia State Corporation Commission Clerk's Information System).

-I attended and participated in the CARCCINC meeting, and have been in regular communication with the IT Chair, also attending our weekly PR/IT meetings.

-I have been in contact with the 43rds Host Committee "Pre-Convention" subcommittee chairperson, and am looking forward to working together, raising awareness and opportunities in relation to our Regional Convention!

-CARCCINC meets the 3rd Sunday of every other month in Charlottesville, VA. The next regular board meeting will be November 15th. Open Forum 12-1pm. Regular Business Meeting 1-4pm.

Please, feel free to contact me with any questions!
I'm out of the area, but only a phone call away!

Sorry to miss ASC, enjoyed attended the Serenity On The Shore NA Campout in VA beach this weekend.. bonus, get-to attend not only a longtime Friends 18-year celebration this evening, but another's 3-year tomorrow. It works y'all!

Thank you for the Opportunity to be of Service!

Ancora Imparo,

- -Paul

- **VRCC Alt: VACANT**

- **H & I Chair: Stephen P. –** Present, read the following report

Dear ASC,

First, I would like to offer my apologies to the body for being absent the past few months. My schedule has been changed a lot at work and then I was on vacation However, I did receive the absentee letter. I only have one issue with that. Nobody followed up with a phone call to even check to see if I was doing OK. The letter was just sent so hopefully in the future when we do send these letters out we are actually calling each other and making sure we're doing OK and not just assuming that we just don't wanna show up. Regarding Adam

Nelson not being paid is because I have not been here to grab the checks, but that is being taken care of tomorrow and I am going in and offer an apology to them too. The subcommittee is doing just fine. We are now going over the new H&I basics informational pamphlet at our book studies. We invite any and everyone to attend the subcommittee the first Monday Of every month at 303 South Loudon St. regular meetings are always at 7 PM book studies start at 6 PM on the even months we do our book studies odd months. We just do the regular subcommittee meeting.

In loving service, H&I !
Stephen P.

- **<u>Newsletter:</u> Shirley J. –** Present, read the following report
  Good evening family,
  It brings me great joy to submit this month's Newsletter Report. Our latest newsletter has successfully come together. This month, we decided to focus heavily on the topic of Anonymity. We chose this theme because we have noticed several instances in our rooms where people's last names were shared, or individuals were identified inappropriately. Additionally, we wanted to address anonymity in the sensitive context of members who have passed away.

  Moving forward, we find it vital to share information that deals directly with our traditions. To support this, we have incorporated the IP's basic text, "Just For Today" into each column of the newsletter.

  While we always encourage our members to share their thoughts, we only had three submissions connect with us for this edition. Consequently, we are actively looking into alternative ways to gather content and expand our committee in the future. This includes the possibility of returning to virtual formats to broaden our reach.

  Thank you all for allowing me to be a part of this committee and for the privilege of carrying the message.

  Upcoming Business and Planning
  - 2027 calendar: We are currently compiling a comprehensive list of months and corresponding topics for next year's newsletters to ensure structured, long-term planning.

  In Loving Service,
  Shirley J

- **<u>Outreach:</u> Danny M. –** Present, read the following report

  Hi family- outreach did meet on the 21st with 3 present, we continue to discuss meetings in need of assistance or attendance etc and which meetings we will be attending for those things in the future. 2 meetings were attended this month,Na at mill creek was attended and they are still meeting with limited attendance and they are requesting any participation by members is needed and welcome, also Robert the only home group member is requesting that the area minutes be mailed to him, apparently he does not have email. The other group attended was finding a new way to live and that group appears to be doing quite well. I missed there group conscious by a few minutes but did attend the meeting and met with a member of the home group before the meeting and he reports that the meeting is doing well with regular newcomer attendance and that he wants to attend area service schedule permitting. Our next meeting will be October 19th at 6 pm
  809 north loudoun
  ILS, Danny M

- **<u>Parliamentarian:</u> Heather R. –** Present, read the following report
  Guidelines are up to date as of today.
  They are posted to the website.
  I added under 14.5 budget $100 to homegroups that if struggling may request up to 3 months no more than $100 for rent.

- **<u>Public Relations:</u> Wendy D. –** Present, read the following report

  September 28, 2026 Public Relations Report
  PR held the monthly subcommittee meeting on September 28th at The Wellhouse Ministry 7-830. Our next meeting is October 26th 7-830 at Wellhouse Ministry. We had 3 in attendance.
  We read from the PR Handbook for the literature study, page 83, stopping at the top of the page 84.
  PR Business handled throughout the month:
  - Verified all celebrations currently known & updated on calendar.
  - Uploaded ASC & H&I - minutes to website
  - I used the check received (#1054) for rent in September and I do need standing budget this ASC for October rent please.
  - We are going to plan a Phone Line Training Day in January. We will begin planning next month.

- The annual Addicted to Hope rally is October 3rd @ 4 pm at 329 N. Cameron Street, Winchester and Public Relations will have an information table and welcome volunteers!!!
- PR received this email; Hello Im asking for help
Im here in virginia and I had a drinking/drug problem for years due to being molested as a boy by a goverment employee during a drug screen in a court house.
After getting sober I sought ramifications but have not gotten justice yet or have i been fairly treated by officials.
I fear not getting justice can risk my sobriety and i wanted to seek help
I responded with the following: Hello! Thank you for reaching out. Narcotics Anonymous is a program for drug addiction; if you are worried about using again, please attend an NA meeting. The Shevana area has at least one meeting a day, many days have two to three. You can find a complete list of meetings in this area at www.shevana.org.c
While NA cannot help with any legal or justice issue, we can help you stay clean!!!

- If anyone has any event flyers or celebrations to add to the calendar or website, please email them to me at wj_horton@yahoo.com or publicrelations@shevana.org
- While the "backend" of BMLT remains the same, the current BMLT mobile app is at end of life; please update to the following:
Web: https://nameetingsnearme.app/
Apple: https://apps.apple.com/us/app/na-meetings-near-me/id6803261235
Android: https://play.google.com/store/apps/details?id=app.na.meetingsnearme

I am sending my report to our secretary as I may be late, and possibly unable to attend due to some work overload.

ILS, Wendy D.

- **Special Events: Mercedes T –** Absent, report read by Barbara

Hello family!

SE met on Sunday 10/11. We had 6 in attendance, including myself.

We discussed our upcoming dance, which will be held 10/24, from 7-10 at the Market Street Methodist Church. We have secured a DJ and will be providing hot dogs. Feel free to bring finger foods. Suggested donation will be $5.

We also discussed the upcoming Thanksgiving Marathon Mtg, which will be held at the Winchester Bible Church Wednesday 11/25 at 9:00 Pm through Thursday 11/26 at 6:00 pm. This will be Potluck, bring a dish or dessert if you're able.

We are also planning a Christmas Marathon Meeting TBA

We discussed a Super Bowl party to be held on 2/14. More details to come.

Current balance $803.53 with two outstanding checks:

-Market st church $50 for dance
-Edgehill's $30 for rent through December

The next SE meeting will take place 11/08 at 3:15. We welcome anyone who would like to attend.

In loving service,
Mercedes T

- **Literature Chair: Cat Bell –** Present, read the attached report

QUESTIONS ON REPORTS:
For Shirley, for this month I noted your sub-committee meeting is the third Sunday. It will be the last Sunday of the month.

NON-STANDING BUDGET REQUESTS:
Requester is Shirley
Position held- Newsletter Chair
Amount requested is $10.52 for ink and paper.
Receipt was presented
0- Abstentions
9- yes
0 – no

OPEN FORUM:
David read the concept of the month
It is against policy to ask for a budget request. So, it is $40 per month for the standing budget for the newsletter. I am not sure what you want to do about asking for an

increased budget. Can newsletter just ask for an increase in budget? Yes. Maybe think about printing quarterly instead of monthly.
Buying things in bulk will reduce the cost of supplies. Maximizing the use of the paper
In the past if a subcommittee went over their standing budget we would bring the receipts after the fact. So, you're saying that is not the policy. Correct, that is not the policy.

I know we are trying to get back to where we were with feeling of the inclusivity of area. As we all know, some things get talked about after we leave the room.

When a member becomes confrontational because of a decision made by the body, it is hard.

I really appreciate the suggestions from everyone on the newsletter! I wanted to throw in the towel, but then I thought about the newcomer and give them some place to start.

Do you think you could start an email chain for the newsletter?

I really want to applaud special events for giving us events!

Wouldn't it be simpler if we had a QR code for the newsletter?

Printing is important because there are many newcomers that do not have access to phones and internet.

************10 MINUTE BREAK************

Meredith S-C called the meeting back to order at 7:30 with a moment of silence and the Serenity Prayer.

Second ROLL CALL		
Group Name	**Representative**	**Status**
Come Alive	Justin	
Experience Strength & Hope	Barbara	
Eyes To the Sky	Shirley	
Finding a New Way to Live	James	INACTIVE
Fire, Faith and Fellowship	Chef John	
Last Connection	Chris	
Midday NA	Heath	
NA at Millcreek		INACTIVE
Never Alone		
New Chance	Heather	
New Freedom		
N.O.A.N.D.A.	Steve	
Recovery and Beyond		
Renegade	Amy	

Save Uranus		
Solution Seekers	Michelle	
Welcome Home in Recovery	Wendy	
Women Warriors Wednesday		

Quorum met for the second roll call with 12 groups present
Liz C read the announcements.

- **ANNOUNCEMENTS**
  - Chris S – 1 year- 10/19 – New Freedom
  - Cat Bell – 5 years – 11/5 – New Chance
  - Murphy P – 2 years – 10/29 – New Chance
  - Dereck – 1 year – 10/26 – Eyes To the Sky
  - Nikolai O – 21 years – 10/28 – Last Connection
  - Linda K – 44 years – 12/3 – New Chance
  - Central Atlantic Region 2 day – 10/17 – 10/18, rooms @car-na.org
  - Marie H – 10 years – 10/17 – Fire, Faith and Fellowship
  - Christina F – 2 years – 11/14 – Fire, Faith and Fellowship
  - Steve H – 5 years – 11/29 – Noanda
  - Shirley J – 3 years – 11/10 – Eyes to the Sky
  - Angel M – 2 years – 10/13 – Eyes to the Sky

- **PLANNED SUBCOMMITTE MEETINGS**:
  - PR Subcommittee meeting is 9/28 at 7-830pm – - Wellhouse Ministry – 5488 Main Street, Stephens City
  - Special Events subcommittee meetings – 2nd Sunday of the month at 3:15 at Edgehill
  - H&I Subcommittee – 1st Monday of every month at the Adams Nelson building – 303 Loudoun, Winchester, VA
  - Literature subcommittee – Every Saturday after area 5pm via Zoom Meeting ID: 285 130 1283; Passcode: Literature.
  - Outreach Subcommittee – 9/21 at 6 pm – 809 N. Loudoun St.

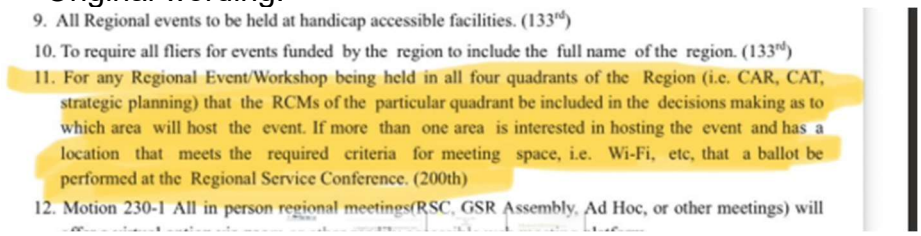
OLD BUSINESS:

1. **Area Nominations/Elections:**
2. **Area Motions:**
3. **Regional Motions:**

Motion 239-1: by policy
seconded by Mark
To add to Section VIII, Additional Guidelines #11 - "Except on conference year" (i.e., car, cat
strategic planning)
Intent: To allow delegate team to engage with areas of planning GSR Assembly.
Pro: gives discretion

This was to include RCMs 6 months in advance so they can be included in the planning

Original wording:



9. All Regional events to be held at handicap accessible facilities. (133rd)
10. To require all fliers for events funded by the region to include the full name of the region. (133rd)
11. For any Regional Event/Workshop being held in all four quadrants of the Region (i.e. CAR, CAT, strategic planning) that the RCMs of the particular quadrant be included in the decisions making as to which area will host the event. If more than one area is interested in hosting the event and has a location that meets the required criteria for meeting space, i.e. Wi-Fi, etc, that a ballot be performed at the Regional Service Conference. (200th)
12. Motion 230-1 All in person regional meetings(RSC, GSR Assembly, Ad Hoc, or other meetings) will

Abstentions – 0
Yes – 9
No – 1
Motion passes

4. **Regional Nominations:**

Anthony A from Tidewater for Vice Chair
Cons: Does not meet the criteria for experience with voted service positions.
He responded that while he does not currently meet the requirement of holding a position as reflected on the resume, he has been an active part of service. He will redo the resume to provide an accurate reflection of his service experience because some service history was left off.

Has only been: GSR, RCM jumping to vice chair
Pros:
- Good character
- Acknowledges and has service experience

Anthony A. - Candidate Statement
Anthony A
Suffolk, VA
757-589-3153
aduanhabea@gmail.com

I have over 11 years of continuous clean time since 11/24/2014. My NA home group is Enjoying the Journey in Virginia Beach, VA, which I attend weekly.
I have a sponsor, have worked all 12 Steps of Narcotics Anonymous twice, and am currently working the 12 Traditions with my sponsor. I am familiar with the 12 Concepts of NA Service and am a sponsor for men in NA.
I live my life according to the spiritual principles of Narcotics Anonymous and am passionate about giving back to the program that has saved my life. I strongly believe in fulfilling our primary purpose of carrying the message to the addict who still suffers and furthering the growth and unity of the Narcotics Anonymous Fellowship.
Throughout my service experience, I have completed my commitments without being asked to leave a trusted servant position before my term was completed. I have maintained a strong record of accountability and responsible handling of NA funds. I have developed strong relationships with NA members across multiple areas and regularly attend NA meetings throughout a wide geographical range.

Trusted Servant Experience
July 2025 - June 2026
Regional Committee Member (RCM)
Tidewater Area to the Central Atlantic Region
January 2025 - June 2025
Group Service Representative (GSR)
Enjoying the Journey Group Service Representative to Beach Area of NA
July 2023 - June 2024
Secretary
Hospitals and Institutions Subcommittee
Tidewater Area Service of NA
July 2022 - June 2024
Member
Hospitals and Institutions Subcommittee
Tidewater Area Service of NA
2022
Group Service Representative (GSR)
Sunday Meeting
2022
Helped start the "Love Is Love" meeting, taught trusted servants, and served as GSR.

Additional NA Service Experience
2016 - 2023

- Traveled across the country for work.
- Assisted various home groups and area service committees whenever possible while traveling.
- Remained active in fellowship support, meeting participation, and NA service involvement across multiple regions.
- Maintained relationships with NA members and service bodies outside of my home area, gaining experience with different approaches to carrying the NA message and conducting service.

Summer 2019 and Summer 2020

- Helped start and carry the NA message in Northern Wisconsin by holding meetings and carrying the message into hospitals and Native American reservations.

OXFORD HOUSE EXPERIENCE
2014
Moved into Lake Smith Oxford House.
2015
Transferred to Salem House.
Late 2015
Opened Oxford House New Horizons and moved into the house.
2015 - 2017
Served as Oxford House State Chair for Virginia.
2017 - Present
Started the Oxford House Virginia Alumni organization and remain actively involved.
Held every house and chapter-level position multiple times, gaining experience in leadership, group decision making, accountability, and conflict resolution.

Opened two Oxford Houses:
- New Horizons
- Gosport

Assisted men in finding safe, clean living environments that supported their continued recovery.
Continue to be called upon to help defuse delicate situations and resolve conflicts in high-stress environments.

OTHER NON-NA EXPERIENCE

Developed extensive experience working with individuals and groups during difficult or emotionally charged situations while maintaining a focus on communication, accountability, and practical solutions.

Continue to assist men in finding safe, clean living situations in order to further their recovery and involvement in the Fellowship of Narcotics Anonymous. I remain available to help in difficult situations where experience, communication, patience, and the ability to remain calm under pressure are needed.

My experience in NA service, Oxford House, sponsorship, and recovery has taught me the importance of humility, accountability, communication, and putting principles before personalities. I am committed to continuing to serve the Fellowship to the best of my ability.

Volunteered at soup kitchens, supervised overnight shelter efforts at churches when individuals experiencing homelessness needed a safe and warm place to stay, and helped provide essential supplies such as toiletry kits and basic clothing.

Does he meet the regional vice-chair qualifications? No. He does not have regional experience.
0 – abstentions
5 – yes
5 – no

- **NEW BUSINESS**
  - **REGIONAL MOTIONS: None**
  - **REGIONAL NOMINATIONS: None**
  - **NOMINTATIONS: None**
  - **AREA MOTIONS:**
    10-01-26
    Motion Maker : Shirley J
    Seconded by: Wendy D
    Article: 13.2.4 – Budget and Expenses
    Motions: To change monthly budget from $40 to $55.
    Change Bi-Monthly to $110 and change quarterly to $165.

Pros:
Update the newsletter budget that has not been updated since the guidelines' inception
Prevent needing to ask for over standing budget requests

TREASURERS REPORT Michelle M – Present, read the follow report
Zoom $24.99
Checks written
1056 Adams Nelson $75
1057 Canvas Church $50
1058 Wellhouse $20
1059 Shirley J Newsletter $50.52

Total Debits $ 330.51
Donations: $614.00
Ending Balance: $ 2370.71
Over Prudent $ 290.71
Check 1060 to Region for $290.71
Hi Family
We did not receive any electronic payments this month. I have the electronic payment cards printed for the Homegroups but they are on my desk , my apologies . I will need to purchase a new receipt book and checks . I will purchase these items with our check card and bring a receipt next month for the receipt book , the charge for checks will be on our statement.
ILS,
Michelle M

Questions:
Cards for the QR codes are made and will available.

- **NEXT ASC MEETING:** Next Area Service Meeting will be held on Monday, November 9, 2026 at 6:30 pm. at Canvas Community Church, 2333 Roosevelt Blvd. Winchester VA 22601

MOTION TO CLOSE – Made by Danny. Seconded by Stephen .



ASC MEMBER CONTACT INFORMATION – ALPHABETICAL ORDER BY FIRST NAME